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ACCESSING INFORMATION AND ACCESSING ENERGY

by Providencia Morillo

Providencia Morillo is a sustaining member of The Monroe Institute and is also a longtime member of TMI's Dolphin Energy Club remote healing group. She has attended all of the Institute's residential programs except STARLINES and EXPLORATION ESSENCE. An accomplished reflexologist, Provi applies her skills at Rising Sun Touch Reflexology in Niantic, Connecticut.

I want to comment on my experiences with the membership CDs I received with the winter/spring 2004 issue of the TMI FOCUS—*Access to Information* and *Access to Energy*.

First, I have to mention that hearing an unfamiliar voice was interesting. My immediate thought was, "Oh, this isn't Robert Monroe, or Laurie or Darlene. Hmm, I wonder how I'll respond?" There was no problem, however, with going into Focus 11 to access information or energy. This excited me because it showed that it wasn't familiar voices, or my emotional attachment to those familiar voices, that got me to the designated focus level. The key was allowing myself to be present and to fully participate in the process.

In *Access to Energy*, I could sense the energy and see it surrounding me. I was bathing in it. It was very empowering to experience "me" at that place. I knew that this energy source was available to me always, and using the CD gave me confidence in that knowing. *Access to Information*, well, that's a different story. Thoughts like "What information?" "What can I learn from myself?" "What information do I want or need to access?" got in my way. I was drawing a blank; there was an obvious inner challenge around getting information from my cellular level.

But check this out: after using *Access to Information* for the first time, I was working on a client and wondering why a muscle in her right foot was weaker than the same muscle in her left foot. So I went into "Plus-11 Access, Plus-Retrieve" and asked why this was the case. The information came immediately. It was simply, "Arizona and canyons." I asked my client if she was preparing to go to Arizona. "No." Did she know anyone in Arizona? "No." Then I explained to her what I had learned from *Access to Information*. She said, "Oh! That makes sense. About ten years ago I went to Arizona with some friends to hike through the canyons. I had a very bad left knee and really leaned into the right side of my body while hiking. I remember really working my right foot throughout the trip." And that was why the muscle in her right foot was weaker.

With this information, we traced the origin of the weaker right foot muscle directly to a strain in her left hip area. It was a great moment for the both of us. Now it's up to my client to take this information to her physical therapist.

The *Access to Information* CD worked well for me with my client, but the challenge of using it personally has become a very, very interesting journey in self-knowledge. I decided to look at the source of information within me as a vast, unlimited database. Then I listed inquiries that I planned to make to see what information is sourced from that database. In order for me to access this information for myself, I had to rearrange "blocks" of my perceptions to handle the task as "accessing a database of information." That in itself would please the appetite of many a psychotherapist!

If I'm told, "Provi, go within and access your energy source," it's a piece of cake, but saying to me, "Provi, go within and access/retrieve any information you want," gets a "Huh?" and a confused expression. The journey of getting to know myself is never ending. I realize that I will probably never know myself fully, though I am enjoying embracing awarenesses as they unfold. Thank you so much for the Hemi-Sync® tools that are helping me mine the gems within myself.

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